



Lifeline Connections Pregnant and Postpartum Women's Residential Treatment Program

Most of your needs are provided, however you may want a few personal items.

Please limit 2 bags per person.

*(We have **very limited space**. Items not appropriate will be returned to your home.)*

Bedrooms come furnished with all bedding and linens.

WHAT TO BRING (MOMs):

Medications:

Prescription medications that are approved by our RN must be valid/current and in original bottle with dosing instructions. **Do not mix medications in one bottle.** Bring over the counter medication for yourself and your child(ren) you normally use, in the original bottle sealed and unopened.

Personal Hygiene Products:

One of each of the following: Shampoo, conditioner, soap/body wash, deodorant, toothbrush, toothpaste, dental floss, comb/brush, body lotion, small pack of Q-tips/ Cotton balls, box of sanitary napkins/tampons, pack of razors w/covers, emery board, tweezers, makeup etc.).

Electronics:

- Alarm clock/small radio
- MP3-type player or CD player music only, no video. Must have headphones. iPhone cannot be used for music. (No cell phone)

Clothing:

- 7 tops/shirts - must cover stomach. Tank tops straps etc. must be covered by another shirt.
- 3 Pairs of shorts/pants/jeans (shorts must be fingertip length or longer)
- 3 pairs of pajamas, 1 bathrobe, 1 pair of slippers
- 1 pair of shower shoes
- 1 pair of good walking shoes
- 2 jackets/sweaters
- 2 pairs of shoes

- 7 pairs of socks, underwear and bras

Other:

- Books, coloring books with crayons/pencils, word search, crosswords, etc.
- Non-Recovery based books, stamps & stationary, photographs from home, list of phone numbers

****Remember! These are just guidelines, you DO NOT need to bring this specific amount of clothing with you – but DO NOT bring more than the guideline suggest.***

We do everything in our control to ensure you are provided for adequately while you are at Lifeline. As your child grows, you will be able to have store-runs to purchase larger clothing. We have access to donations for those that don't have funding. There are toys for children to play with in childcare and in the communal areas.

WHAT TO BRING (CHILDREN):

Personal Hygiene/Medication:

- One of each of the following: Shampoo, detangler, diapers, wipes, nebulizer (if necessary), Baby Tylenol/Children's Ibuprofen
- 2 diaper rash ointments

Clothing:

- 14 Outfits
- 2 jackets/sweaters
- 3 pairs of shoes (at least one closed toed pair)
- 1 pair of boots (seasonal)
- 1 snow suit & gloves (seasonal)
- 7 pairs of pajamas
- 1 pair of slippers
- 14 pairs of underwear/socks
- 14 t-shirts/onesies

Supplies:

- Bottles
- Sippy cups & pacifiers
- Formula
- Car seat
- Booster seat
- Front pack or sling
- Baby monitor
- Stroller

TOYS/BLANKETS

- 1 favorite stuffed animal
- 1-3 favorite toys
- 1 favorite blanket
- 2-3 favorite books

***** For the safety of your possessions, please make sure you label everything you bring *****

DO NOT BRING:

1. Electronic or video games
2. Cigarettes, lighters, matches, e-cigarettes or chewing tobacco
3. Any device with internet access (includes iPods)
4. Cell phone. Cell phones cannot be used for music. Bring an mp3 player or CD player
 - It is recommended you leave your phone at home, you will not have access to it while in treatment
5. Any items or clothing with drug or alcohol symbols, logos, slogans
6. Any items or clothing that are racial, sexist, gang related or homophobic in any form
7. Valuables. We do not have sufficient locked storage. PLEASE LIMIT CASH to \$20.
8. Food or snacks (including gum, candy or soda)
9. Hats, scarfs or bandanas
10. Mouthwash containing alcohol
11. Colognes, perfumes or body spray
12. Baby talc/powder/oil
13. Fake nails/nail glue/nail polish/nail polish remover
14. Fake eyelashes/eyelash glue
15. Hair dye
16. Liquid bleach
17. Plants/Flowers
18. Aerosol sprays/air fresheners/candles
19. Curling iron/hair straighter

***ALL ITEMS ARE SUBJECT TO APPROVAL.
THIS LIST IS ONLY A GUIDELINE.***

Other Things to Expect:

No Cell phones: Scheduled phone times will be provided during your stay. You will not have access to your phone during your course of treatment. Record all your phone numbers prior to entering treatment.